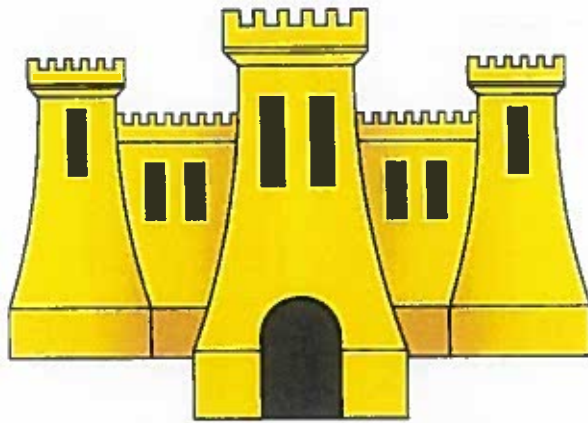


CANLLAW ADOLYGU I FYFYRWYR A RHIENI



NID DYSG HEB FOES

Ysgol Brynhyfryd

REVISION GUIDE FOR PARENTS AND STUDENTS

Hydref/October

2018

YOUR PERSONAL SITUATION

Everyone is different when it comes to revising. However the one thing I can guarantee is that everyone can improve their GCSE grades with well-structured revision that is started early enough.

Your predicted grades come from your last report.

NOT HAPPY WITH ANY OF THESE
GRADES?
YOU CAN STILL IMPROVE THEM

Well structured revision that will start in plenty of time will:

- Stop you panicking / feeling guilty.
- Keep your parents happy.
- MOST IMPORTANTLY - GET THE BEST GCSE GRADES
YOU CAN SO THAT THE WORLD IS YOUR
OYSTER!

WHAT YOU NEED TO DO BEFORE YOU START

Most importantly, you need to FACE FACTS.

The next few months (and that's all you have left!) are going to be different from the time you have spent in school so far. Teachers will be demanding coursework from you, expecting you to attend revision clubs, prepare for tests and orals and they all seem to think you have only **THEIR** subject to revise for.

This is a very pressurised time but you can cope and it is worth acting on this pressure now so you can reap the rewards come results day.

You may need to think about the time you spend working at a part time job or out socialising and these may need to be curtailed for a while, **but not stopped completely** - just reduced for a short time. The summer holidays will last from mid June to September for you this year - plenty of time to celebrate and recuperate.

Is this you at the weekend?

Have you realised - If you get out of bed at 10 am and go to sleep at 11 pm you can spend four hours revision and still have 9 hours to follow those other important teenager pastimes.

THE IDEAL REVISION SESSION

You will be a **FASTER REVISER**...

When you are motivated
When you are relaxed
When you are eating and sleeping well
When you use both sides of your brain
When you believe you are going to do well in your exams
When you like the subject

You will be a **SLOWER REVISER**...

When you are bored
When you are worried
When you are tired, hungry and thirsty
When you revise in an uncomfortable place
When you cannot see the point of what you are revising
When you do not like the subject

REMEMBER :-

IT DOES NOT MATTER HOW MUCH YOU COVER IN EACH REVISION SESSION, ONLY HOW MUCH YOU REMEMBER.

YOU WILL NOT BE TAKING YOUR BOOKS INTO THE EXAMS WITH YOU.

ALL THAT YOU WILL BE TAKING IN IS WHAT IS INSIDE YOUR HEAD!

Revision - getting started

To help you get the most out of this revision programme you need to think about yourself as a learner. This questionnaire is only going to be seen by you and so it is important to be as honest as you can.

It is designed to give you a chance to think about your own learning strengths and weaknesses so that you can get the most benefit out of the sessions.

My strengths and weaknesses

- 1 I know how to make myself work, even when I don't want to.
- 2 I organise my day, my work and my free time so that I can meet deadlines.
- 3 I plan each revision session and review my progress at the end.
- 4 I make easy-to-remember notes, using keywords and ideas only.
- 5 I know why I am studying and how it will help me in later life.
- 6 I know what my own learning style is and I use it to help my revision.
- 7 I often draw colourful charts and pictures to help me learn.
- 8 I regularly ask questions about what I'm learning.
- 9 I see school as a stepping stone to success in life.
- 10 I believe in myself, think positively and remain confident even when things go wrong for me.
- 11 I worry about revision and exams.
- 12 I revise in a tidy, organised workspace.
- 13 I make a revision timetable at least eight weeks before the exams
- 14 I stick to my revision timetable.
- 15 I enjoy learning.

Just like me	Like me sometimes	Not like me at all

Your score:

Count up the ticks. Which column has the most ticks?

Mostly 'Just like me'

This is brilliant. You certainly are a super-learner! By discovering a few more techniques you could be better still !

Mostly 'Sometimes like me'

You have lots of good ways to learn already. By learning a few more, you can improve your ability to revise and pass exams.

Mostly 'Not like me at all'

Now is the time to begin to learn to learn. Remember, everyone can learn and learning can be fun and enjoyable. We are all intelligent.

Learn to relax

Take mini breaks throughout the day. Work on relaxation techniques, such as taking slow deep breaths.

Get organised

Have a realistic daily schedule including revision, sleep, eating, relationships and recreation.

Exercise

Physical activity provides relief from stress. The brain uses 20% of oxygen in the blood so you need to think about your posture and exercise to make sure your body gets enough. 30 minutes of sport or a short walk will do the trick.

BE POSITIVE

Talk positively to yourself! Don't pay attention to that internal voice saying you can't do it; tell yourself you can do it and you will do it.

Time

Recognise that you can only do so much in a given times. Try to pace not race.



STRESS MANAGEMENT

Talk

Talking and meeting with friends and occasionally sharing deep feelings and thoughts can be helpful in reducing stress.

Make a list

Make a list of the things that are worrying you and the possible things that could happen.

Stay calm

Make sure you are in a calm, positive mood.

Sleep

Don't become overtired by forcing yourself to work late. Your brain needs time to sort out the information it has come across during the day. Your ideal sleep time is about 8 hours a night.

Be healthy

Watch your eating habits. Make sure you eat sensibly and have a balanced diet. Avoid too much chocolate, cola, caffeine and foods with lots of additives. Drink lots of water.

Getting Organised

* List the subjects that you have to revise for here

SUBJECT	
Science	
English	
Maths	
Welsh	
RE	
WBQ	
OptionA	
OptionB	
OptionC	

SUBJECT	

For some subjects you have to know facts and demonstrate skills, such as in Geography and Science. These are the subjects most straight forward to revise for, Other subjects, such as Maths and Languages you have been developing skills for a long period of time and you have to demonstrate them in the exam. You have to be sure you are aware of all of the types of questions and skills you will be asked to show the examiner.

Gather together all of the following equipment and get yourself prepared to work.

- The exercise books you have been working on since the beginning of Year 10.
- Any revision guides that your teachers recommend.
- Plenty of file paper and a file for each subject
- Somewhere quiet to work (sometimes hard with little brothers and sisters on the scene)
- Highlighters and gel pens to make your work stand out and make it easy to revise from.



Planning Out Your Revision

Think about your day, when are there slots of time you can put aside for revision.

When you are starting out on you revision you will probably only need to do an hour and a half a night so your day could look like this:-

8.30am- 3.00pm	3.00pm- 4.30pm	4.30pm- 5.30pm	5.30pm- 6.00pm	6.00pm- 6.30pm	6.30pm- 8.00pm	8.00pm-
School	Snack and relax	Homework	Watch TV	Tea	REVISE	Go out, watch TV, phone etc.

Everyone has different commitments after school, you may have to look after smaller brothers and sisters, have a part time job or have other pastimes (sport, clubs etc). It is up to you to re-arrange your evening to suit you.

When you get towards your exams you will find that you may have to reorganise your revision. It is still important that you break up these days into chunks of time and decide what you will be doing.

10.00am- 2.00pm	2.00pm- 4.00pm	4.00pm- 4.30pm	4.30pm- 5.30pm	5.30pm-
Shopping, Family time, tidy Bedroom	REVISE	Break	REVISE	Go out, etc.

YOU MUST INCREASE THE AMOUNT OF TIME YOU SPEND REVISING. BY THE TIME YOU ARE NEARING YOUR EXAMS YOU ARE SPENDING MOST OF YOUR SPARE TIME ON REVISION.

(Just think about those lovely long Summer holidays!)

What Do I Revise?

Look at your revision guides, syllabi and your exercise books and divide up the topics you have to learn. For example, everyone in Year 11 has to study a Science module called Inheritance and Selection and it can be divided into:

- Where is genetic information found?
- Cell Division
- Genetic Engineering
- And so on.....

Put each of these onto your plan for the week, be SPECIFIC, don't just write in Science'.

	8.30pm - 3.00pm	3.00pm- 4.30pm	4.30pm- 5.30pm	5.30pm- 6.00pm	6.00pm- 6.30pm	6.30pm- 8.00pm	8.00pm
MONDAY		Snack and Relax	Homework	Watch TV	Tea	CELL DIVISION (Science)	Go out watch TV, phone etc.
TUESDAY		Snack and Relax	Homework	Watch TV	Tea	GLACIATION (Geography)	Go out watch TV, phone etc.
WEDNESDAY		Snack and Relax	Homework	Watch TV	Tea	TRAINING METHODS (PE)	Go out watch TV, phone etc.
THURSDAY		Snack and Relax	Homework	Watch TV	Tea	MARRIAGE and DEATH (RE)	Go out watch TV, phone etc.
FRIDAY		Snack and Relax	Homework	Watch TV	Tea	SYMMETRY (Maths)	Go out watch TV, phone etc.

IMPORTANT FACTS



Use your timetable to keep you on task with your revision.

- Use your Learning style to ensure maximum learning time, remember Kinesthetic learners need twenty minutes learning and 5 minutes break. Engage your learning style in your revision programme.
- Attend any revision classes offered in school. Find out if they are at lunchtimes or after school and GO!
- Work with your mates if they are doing the same subjects as you but remember to spend time revising first.
- You may think it's too late to revise and a waste of time. Start now and you will be learning a skill for the future.
- Sometimes you may not be able to face paper so when it gets tough use the web. These websites will help you with your Revision:

www.revisioncentral.co.uk/tips.htm

www.s-cool.co.uk



The next page is a blank timetable you may want to use.
If you require more see your Learning Coach.

**WRITE DOWN THE REASON YOU ARE REVISIING SO YOU
KNOW WHAT IT IS FOR!**

"I AM REVISING SO I CAN ACHIEVE MY COLLEGE PLACE"

"I AM REVISING SO I CAN GAIN MY APPRENTICESHIP"

"I AM REVISING SO I CAN GAIN MY PLACE IN THE SIXTH
FORM"

STUDY PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8-9am							
9-10am							
10-11am							
11-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							

REVISION TIMETABLE

	3:00pm	4:00pm	5:00pm	6:00pm	7:00pm	8:00pm	9:00pm
MONDAY	B						
TUESDAY	R						
WEDNESDAY	E						
THURSDAY	A						
FRIDAY	K						



PLANNING YOUR REVISION

THINK LEVELS!

LEVEL ONE IS THE SUBJECT

LEVEL TWO IS THE TOPICS WITHIN THAT SUBJECT

LEVEL THREE IS THE INDIVIDUAL TOPIC DIVIDED INTO STUDY UNITS



SUBJECT

TOPIC	TOPIC	TOPIC	TOPIC	TOPIC
STUDY UNITS	STUDY UNITS	STUDY UNITS	STUDY UNITS	STUDY UNITS
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5



ACTIVE REVISION

Don't just read through your notes. The most productive revision time is when you are actively doing something.

Make notes	Notes help you concentrate and understand a topic. Read through your notes and list key points and words under each separate heading as you do so. Write in different colours or use highlighters to make important points or to make headings stand out. List your own ideas under each of these headings in another colour. Make sure your notes are concise (short and clear) and relevant
Use diagrams	Diagrams can also help you remember and understand things. Mind maps , for example are very useful.
Use mnemonics to help you remember	Use a range of memory devices like the ones suggested on the next page to help you to remember important facts.
Review the new material often	Half of your study time should be spent in repetition, because this is how you fix the material in your long-term memory. You need to look at new material a few times in order to learn it thoroughly. Go back to the topic the following day.
Revise with others	Explain a topic to other people such as classmates, friends and parents. The more you think about a topic and discuss it, the more it sinks in. Testing each other can be a great advantage. Working with others can help you to fill in gaps in your understanding or knowledge.
Study Past Papers	Study past papers and familiarise yourself with: the layout of the paper the types of questions asked how marks are allocated how much time is allocated

MEMORY DEVICES

- Rhymes
- Sentence; When the list must be memorised in order, make a sentence out of the initial letters of the words you are trying to memorise.



e.g. Remembering the division of the animal kingdom

Kingdom, phylum, Class, Family, Genus, Species

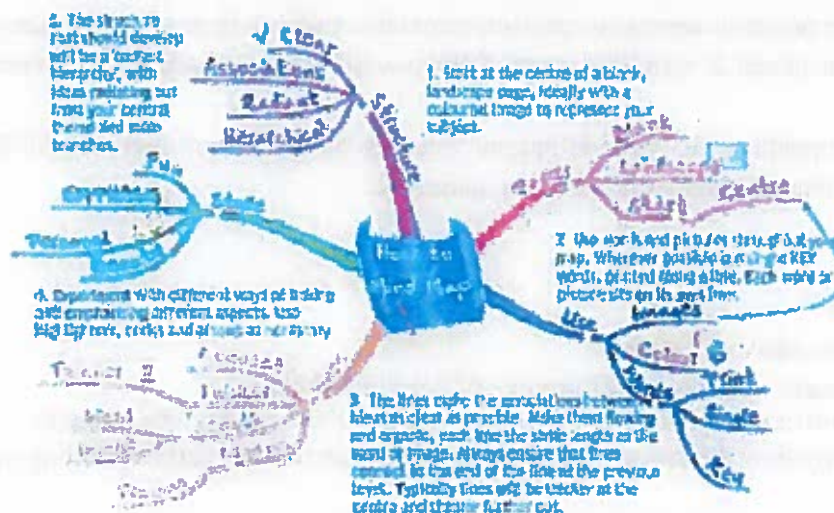
King Paul Called Out For Gus and Sam

- Acronym: Making a word using the first letter from each word that needs to be remembered,. This only works when the list is fairly short and when the order of the words can't be shifted.
e.g. NATO, SUUB, NASA

- Abbreviations: Using the first letter of each word

e.g. Cash on Delivery - COD

- Flashcards: Name on one side and definition/formula on the other with key points
- Mind Mapping: Putting all key information in a diagram so you can get a visual picture. If you can't draw a mind map, go to [bbc bitesize](http://bbc.com/bitesize) and press the revision map icon. This will provide you with a colourful picture of information and you can print them out.



TRY THESE TIPS

1. Make a revision timetable at least a week before you intend to begin your revision. Use the example in this pack, or create your own.
2. Divide your time between subjects, not necessarily equally. Prioritise what you will revise by how much you understand in that subject/topic. Revise more in those subjects where you are less confident in your understanding.
3. When planning your revision timetable it is necessary to be more specific than just putting down a subject that you are going to revise. You should be putting in a topic and the revision strategy you are going to use e.g. English you may put down 'Poems from other cultures' - mind map themes./poetic devices, for Maths you may put down 'use CD Rom to view Pythagoras and practice example questions or for Science you may put down 'photosynthesis—create revision card.
4. In order to ensure you revise each subject thoroughly create topic checklists. Your teacher can help with this. Tick these off once you have revised the topic at least 3 times.
5. For each revision slot choose 2 subjects and have 15 minutes break in between. Revising little and often is more productive than revising for long periods of time.
6. You need to increase the amount of revision you do the closer you get to the exams.
7. If you have a blank slot in your calendar, do some revision.
8. Stick your revision timetable on your wall and stick to it! There is no point creating a revision plan if you don't stick to it. Put a tick on your calendar if you're stuck with the session
9. Reward yourself if you complete a session successfully e.g. watch TV, have a snack, phone a friend, go out
10. Choose the same times for revision as your best friend (s). You are less likely to be disturbed. Turn off your mobile phone!
11. If something happens to stop you revising in one of your planned slots, add another one in to replace it.
12. If you prefer listening to music when revising, then do it. Make sure the music is calming. Be aware that it is impossible to watch TV and revise!
13. If you've looked at the same page for more than 15 minutes, then you are not in the mood, give up this sessions and come back to it later.
14. Complete the specific work set by your teachers first.
15. Show your parents/carers your revision timetable and ask them to make sure you revise at the times stated. It would be great if they could bring you some refreshments at half time!
16. Always be positive. Set yourself targets. Success comes in can's not can't's!!! Believe you can do it and you're more likely to achieve it.

REMEMBER -

If you don't revise, you won't succeed.

As little as 12 marks can make a difference of 2 grades at GCSE.

Be brave —it's not cool to fail Don't be afraid to ask for help

If your friends say they are not revising, they probably are, they're just not telling you!

12 SUCCESSFUL REVISION TIPS

1.

Flash Cards. Use small cards to learn specialised vocabulary. On the front write the term, on the back write the definition, an important fact about the term and an example. Carry your flash cards with you and when you have a spare moment, take them out and quiz yourself.

2.

Divided page. Draw a dividing line down the centre of a sheet of paper. Write the important questions on the left hand side and the answers on the right. Cover the right hand side and try to give the answer. Check and recheck until you are sure you know the material.

3.

Cover Card. As you are revising from your book, read what you are trying to memorise. Use the cover card to conceal what you've just read. Try reciting or reading the facts from memory. Check until you are sure you have mastered the facts.

4.

Remembering. One secret of remembering what you have learned is 'over-learning'. Go on looking over material you are sure of, even when you think you know it all.

5.

Keep Reviewing. It has been proved that we can forget things we think we have learned within two weeks. Keep looking over material very shortly after you have learned it for the first time.

6.

Use Mind Maps. Condense the material you have chosen to learn into mind maps. Use illustrations if you have a visual learning style, Put them onto flash cards and keep going over the information.

7.

Recite things until you are sick of it!

Saying things over and over again can burn them into the memory like no other revision material, Another option is to tape-record yourself and play the tape last thing at night before you go to sleep.

8.

Don't revise a subject to completion and then start on another, as this will probably result in you forgetting the first subject. A little often, rather than a lot later, is the best rule here. It's better to spend half your time on one subject and then move on to another.

9.

When you return to a subject, spend some time refreshing your memory on the material previously revised and then move on to new material.

10.

Take the opportunity to look at past exam papers and try to identify key themes and topics which might be examined, Log on to Sam Learning to attempt sample questions. At the very least it will give you some idea of how exam questions are structured.

11.

Work out what sort of knowledge you need for each exam subject. Some want definitions of key terms and examples. Some want knowledge of concepts and others want you to solve problems and memorise formulae.

12.

Don't think you will perform best on the topics you have learned the night before the exam. It is best just to review rather than to learn when the exam is getting close. Try and keep your confidence high by concentration on how much you know, rather than worrying about how much you don't know.

REVISION STRATEGIES

VISUAL	AUDITORY	ORGANISATIONAL	PERSONAL
Mind map	Record key ideas on tape	Plan revision time	Build in rewards e.g. watching TV
Make a poster	Say key ideas out loud	Break revision into manageable chunks	Approach revision positively
Make a chart	Tell key ideas to the dog	Make a revision timetable and topic checklists for each subject	Take regular breaks
Make a diagram	Get someone to test you	Highlight the main points	See advice on difficult concepts
Make a cartoon	Listen to revision 'Pod Casts' on your MP3 - no one will even know your revising	Have all the equipment you need - paper, pens, felt tips, highlighters, pencils, calculator	Review the progress of your revision to make sure appropriate techniques are being used
Make notes on key ideas	Give a presentation to a group of students	Reduce notes to key words	
Surf a revision site on the internet	Play soothing background music	Tick off each topic as it is revised	
Create revision cards	Exchange key ideas with a friend		
Create a picture in your imagination	Recite stories or mnemonics to help you remember information in a particular order		

REMEMBER

Always ask yourself questions e.g. 'Is what I'm revising relevant?'

Occasionally move about - stretch or massage to increase your oxygen supply

Alter methods of revision to avoid boredom and heighten concentration

Say 'NO' to distractions.

Turn off all your social media (facebook / twitter / mobile phones)

Little and often is best. Take a break every 30-40 minutes - recharge your brain

Stop each session whilst you are making progress

Make use of your learning style when you revise

VISUAL LEARNERS:

- Rewrite your notes as mind maps
- Use colour to highlight important things
- Draw diagrams and sketches to help you remember points
- Use flow-charts and graphs



AUDITORY LEARNERS:



- Read your notes aloud
- Record yourself on cassette ready key points of your notes aloud, then listen to the tape afterwards
- Revise with other students if you can
- Sing the main points, linking them with a tune may help you to remember them

READING & WRITING LEARNERS:

- Copy out your notes, condensing them to key points
- Read your notes silently
- Rewrite the key points using different words
- Write down key points from memory



ACTIVE LEARNERS :



- Move around the room
- Acting situations e.g. Being a red blood cell moving round delivering oxygen to cells
- Revise while you do kung-fu moves or other physical activity
- Mentally review what you've been revising while you're swimming or jogging

REVISION WEBSITES

The following list includes generic and subject based websites that will help you revise subject content and give examples of exam questions, exam technique and offer advice for revision.

Generic Sites:

<http://www.bbc.co.uk/schools/gcsebitesize>

www.s.cool.co.uk

www.revisionworld.co.uk/gcse

[http://www.greenfield.durham.sch.uk/acGCSE Revision.htm](http://www.greenfield.durham.sch.uk/acGCSE%20Revision.htm) *Fantastic website with loads of links!!*

www.bbc.co.uk/skillswise

English

<http://www.englishbiz.co.uk/>

Maths

www.mathswatchvle.com

www.mymaths.co.uk

(brynhyfryd.pythagoras)

<http://www.mrbartonmaths.com/podcasts.htm>

<http://www.maths-it.org.uk/Podcasts/Podcasts.php> *Fantastic website, loads of worksheets and podcast to talk you through the answers !*

Science

<http://www.bb.co.uk/schools/gcsebitesize/science>

<http://www.gcsescience.com/index.html> *Excellent*

home.clara.net/rod.beavon/chemistry

www.chemguide.co.uk

www.twig-world.co.uk

www.aqascience.gcsehomework.com

www.my.dynamic-learning.co.uk

Design and Technology

<http://www.technologystudent.com>

French

<http://www.frenchrevision.co.uk/>

Geography

www.revisionworld.co.uk/gcse/geography

History

www.learnhistory.org.uk/germany/index

www.historyonthenet.com

www.revisionworld.co.uk/gcse/history

www.historygcse.org

www.activehistory.co.uk

www.schoolhistory.co.uk *Easy to use*

Music

<http://www.projectgcse.co.uk/music/>

resources.download.wjec.co.uk/vtc/2008-09/music

www.bbc.co.uk/schools/gcsebitesize/music/

Physical Education

http://www.arroevale.worcs.sch.uk/sportscollege/pe_revision_quiz.htm

<http://www.teachpe.com/> *Brilliant*

www.bbc.co.uk/schools/gcsebitesize/pe

Religious Education

www.bbc.co.uk/schools/gcsebitesize/re

TOPIC CHECKLIST SHEET

Use this sheet to record all the topics you should revise for each subject.
Tick them off when you have revised each topic at least 3 times.

_____ Revision Action Plan

Date of Exam (s) :

Paper 1 : _____

Paper 2 : _____

UNIT	HOW MANY TIMES REVISIED		
	1	2	3

SAVING TIME IN EXAMS

The most common source of wasting time in GCSE exams occurs when candidates rewrite the question that they are responding to. You do not need to and you don't get any marks for it so **DON'T DO IT!!**

The second biggest time waster is writing more than you need to. Look at the number of marks available. Don't write more for a question with 2 marks than you would for one with 4 marks. Often one-mark questions sometimes only require one-word answers.

FINALLY, TIPS FOR HELPING YOU COPE ON THE DAY OF AN EXAM

1. Have a reasonable amount to eat before the exam. Get up in time to have breakfast comfortably before morning exams.
2. Wear School Uniform.
3. Don't get into conversation about the exam just before the start, other people may make you more nervous or start confusing you. If you've prepared thoroughly, trust your own knowledge.
4. Get to the exam room in good time. Make sure you have all the equipment you need. Remember that pens run out and pencils break. Always have spares. Make sure that you know beforehand whether dictionaries, calculators and other pieces of equipment are allowed or needed.
5. Bring a watch and put it on the desk in front of you.
6. Check that your desk doesn't wobble. If it does put some paper under the leg.
7. Read the instructions and make sure you understand them, Read through all the questions and underline the subject keywords that are essential to the question. Make sure you understand what the question wants you to do (Command Words).
Divide the time available according to the number of marks for each question e.g. spend more time on those questions worth more marks, to work out how much time you can give each question. Allow 10 minutes at the end of each exam for reading through your answers.
8. Pay particular attention to diagrams, charts, graphs and tables. They often contain information that will help you answer the question, Look out for words highlighted in **bold** and titles for diagrams. These are the important words and the examiner is trying to draw your attention to them. Both these things are saying '**make sure you notice this**'.
9. Once you start answering questions keep a careful eye on the clock and when time is up move on to the next, even if you have not finished. As time passes in answering a question, it becomes increasingly difficult to earn extra marks. You can always leave a space and go back at the end of the exam if you have time. Always attempt an answer for each question, blank spaces = No Marks!!
10. If you find you are running out of time towards the end of the exam, try to answer as many questions as possible in shortened form. You will get more marks for some short sentence answers at the end than you will for one lengthy answer and a number of questions with no answer at all.

REVIEW

Looking over a topic every now and then will help to keep it in the memory, taking away the need to cram before exams.

Make a summary of the work and look over it ten minutes later, the next day, the next week and then the next month for a few minutes each time. This reinforces the knowledge learned.

Understanding increases as time spent studying passes. However, the ability to recall things being memorised becomes progressively less efficient as time passes in a study session.

20 minutes is needed for the mind to get into the rhythm and flow of the material. Any more than 40 minutes spent memorising means that memory declines to a point where it is no longer valuable.

The answer in revision lessons therefore is to do 30 minutes with a 5-minute stretch break and then review the topic.

After a one hour memorising session :

10 minutes later revise the topic for 10 minutes

1 day later revise the topic for 5 minutes

1 week later revise the topic for 2-5 minutes

1 month later revise the topic for 2-5 minutes

Before exams revise the topic as required

Each time knowledge is reinforced; it enters deeper into the long-term memory and becomes more stable

OTHER BITS!

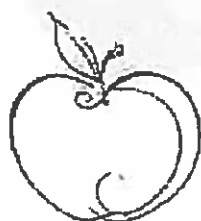
Healthy Body = Healthy Mind

Food for thought :

Eating a variety of healthy foods doesn't just give your body a boost, it also benefits your brain cells. Skipping meals may well give you extra cramming time, but it can also leave you hungry and unable to concentrate. So eat regularly and sensibly. Think wholemeal sandwiches and fruit, rather than cakes and biscuits!



Brain Fuel :



- Bread, pasta, cereals and potatoes are filling and packed with starchy carbohydrates, which release energy slowly, meaning you can keep going for longer.
- Fruit and vegetables give you essential vitamins and minerals. Aim for at least five portions a day.
- Food like pasties, chips and crisps are high in fat. Unless you want to emerge from your room looking like Jabba the Hut, keep them for treats.
- Drink plenty of fluids. Dehydrated brains don't think clearly and water is healthier than sweet, fizzy drinks.
- Meat, fish, pulses, milk and dairy foods are good sources of protein. Moderate amounts are essential for a healthy diet.
- Make sure you eat breakfast on the day of an exam.
- If you're not getting enough iron then you'll damage your ability to concentrate for long periods of time and your energy levels will begin to drop. If hour long sessions of revision are proving too much, try eating more red meat, eggs and leafy green vegetables like spinach.

Exercise :

Staying in your room can seem like the best option when revision time is short. But a bit of the great outdoors can blow the cobwebs away and help you relax. If you can't get out, at least get up and out of your chair for a stretch and a wander. Better still, go for a swim or put those footie boots on and give your mind and body a workout.





Remember: having a good revision plan will enable you to balance out your subjects

Keep healthy over the exam period by getting some fresh air and exercise



Try and get a good night's sleep before the exam

The exams will be over before you know it so think about all the free time afterwards!



...and finally good luck!